

# SLOVENIA

## COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

World Bank classification: High income  
Total population: 2 107 180  
Median age (years): 44.7  
Gross Domestic Product (GDP) per capita (€): 21 870  
GDP for health (%): 7.6  
GDP for education (%): 5.6  
GDP for sports (%): 1.5  
Population, male (%): 50.2  
Population, female (%): 49.8  
Life expectancy, males (years): 78.6  
Life expectancy, females (years): 84.1

Source: Eurostat  
[https://ec.europa.eu/eurostat/databrowser/view/tps00205/default/table?lang=en&category=t\\_demo.t\\_demo\\_mor](https://ec.europa.eu/eurostat/databrowser/view/tps00205/default/table?lang=en&category=t_demo.t_demo_mor)



Photo: ©Gregor Jurak

### ► National recommendations on physical activity for health

Slovenia has no recommendations on physical activity; however, the WHO Guidelines on Physical Activity and Sedentary Behaviour have been translated into Slovenian. Slovenia is currently drafting national recommendations.

### ► Monitoring and surveillance of physical activity

#### Sectors with surveillance systems



Health

YES



Education

YES



Sports

YES



Transport

NO

#### SUCCESS STORY

Since 1983, Slovenia has had a national fitness surveillance system, called SLOfit, to monitor the physical and motor development of about 90% of children and adolescents aged 6–19 years. Recently, the system was further extended and integrated with systematic medical examinations, with an algorithm to identify and assist children whose health is at risk. Health-care professionals who are treating at-risk children can access SLOfit reports, some of which are supported by artificial intelligence, with parental consent. SLOfit enables lifelong monitoring of physical fitness and facilitates connection with qualified exercise providers. SLOfit is the world's first national lifelong physical fitness monitoring and surveillance system and is a pioneering initiative to promote health and wellness across generations. SLOfit received the E+ SPORT 2022 – #BeActive–Across Generations award.

<http://en.slofit.org/>



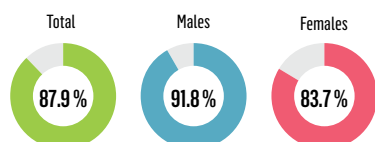
# SLOVENIA

## COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

### ► Prevalence of physical activity

#### Physical activity indicators

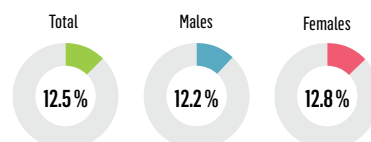
##### 11–14 years



The Analysis of Children's Development in Slovenia national representative study, 2023

Not reported

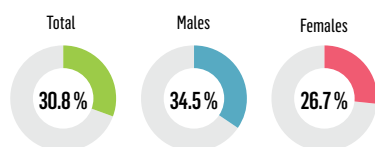
##### 45–54 years



EHIS, 2019

≥ 150 min/week of moderate-to-vigorous physical activity

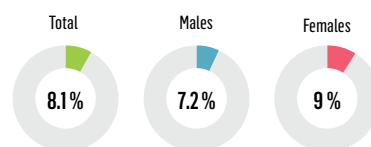
##### 15–24 years



EHIS, 2019

≥ 150 min/week of moderate-to-vigorous physical activity

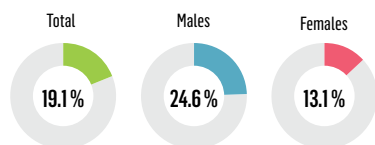
##### 55–64 years



EHIS, 2019

≥ 150 min/week of moderate-to-vigorous physical activity

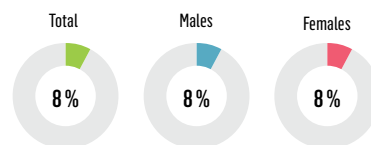
##### 25–34 years



EHIS, 2019

≥ 150 min/week of moderate-to-vigorous physical activity

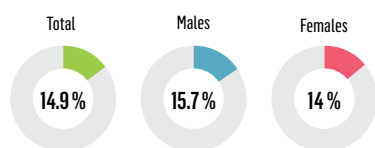
##### 65–74 years



EHIS, 2019

≥ 150 min/week of moderate-to-vigorous physical activity

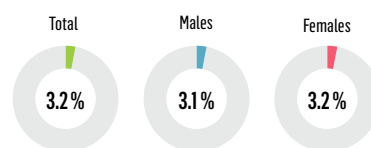
##### 35–44 years



EHIS, 2019

≥ 150 min/week of moderate-to-vigorous physical activity

##### ≥ 75 years



EHIS, 2019

≥ 150 min/week of moderate-to-vigorous physical activity

### ► National government coordination mechanism and leadership on the promotion of physical activity

Slovenia does not have a mechanism to coordinate promotion of HEPA, although there is an important coordination mechanism that includes some HEPA activities, namely the multisectoral National Programme on Nutrition and HEPA 2015–2025. This programme, adopted by the Government and the National Assembly in 2015, is coordinated by the Ministry of Health and provides cross-sectoral activities to promote healthy nutrition and physical activity for health. The programme includes a Governmental coordination mechanism (by State secretaries) and a multisectoral operative group. This group has been guided by a life-course approach to empower individuals and create conditions to ensure that individuals adopt a healthy diet and regular physical activity.

### ► Funding for the promotion of physical activity for health

Funding allocated specifically to physical activity promotion by sector

					
<b>Health</b>	<b>Education</b>	<b>Sports</b>	<b>Environment</b>	<b>Urban planning</b>	<b>Transport</b>
YES	YES	YES	YES	YES	YES

#### SUCCESS STORY

The Together for Health programme is a comprehensive initiative for prevention that is integrated into Slovenia's health-care system and available at every health-care centre in the country. This programme offers free services, including preventive examinations and activities for improving overall health. It includes mental health, healthy eating and physical activity. In the area of HEPA, the programme provides workshops such as How Fit Am I, physical fitness tests for adults and older adults, Let's Get Moving and screening for functional weaknesses. One-to-one consultations with physical activity specialists, including kinesiologists and physiotherapists, are available for personalized guidance.

<https://www.skupajzazdravje.si/en/>

### ► National policies or action plans for the promotion of physical activity for health

National policy highlights

#### Extracurricular extended programme

The aim of the programme is to support comprehensive development of students by addressing their individual abilities, interests and needs. A central focus of the programme is Movement and Health, designed to enhance both physical and mental well-being. This voluntary programme complements the compulsory curriculum by providing activities that foster a well-rounded education. It includes extended stay options, morning care, additional and supplementary classes and various elective subjects such as sports, arts and technology. By integrating these components, the Extended Programme helps students to develop a healthier lifestyle, strengthen their personal growth and build good-quality relationships with teachers, thereby increasing motivation and engagement in their overall education.

<https://www.zrss.si/podrocja/osnovna-sola/razsirjen-program/>

#### Guidelines for health promotion at work (part of the Occupational Health and Safety Act)

The purpose of the guidelines is to enhance employees' well-being and productivity with targeted health initiatives. It mandates employers to develop and implement health promotion plans, improve workplace organization, support healthy lifestyle choices and address psychosocial risks. Employers must allocate sufficient funds for these initiatives and their monitoring; compliance is overseen by the Labour Inspectorate. The programme includes guidelines and tools, such as resources for healthy eating and musculoskeletal health, and a national online platform for occupational health. Supported by the Chamber of Commerce and the Clinical Institute for Occupational and Sports Medicine, the programme fosters healthier work environments, leading to greater productivity and reduced absenteeism.

[https://www.gov.si/assets/ministrstva/MZ/DOKUMENTI/DJZ-Preventiva-in-skrb-za-zdravje/Varovanje-in-krepitev-zdravja/zdravje-na-del-mestu/Promocija-zdravja-na-delovnem-mestu/Smernice\\_promocija\\_zdravja\\_na\\_delovnem\\_mestu-marec\\_2015.pdf](https://www.gov.si/assets/ministrstva/MZ/DOKUMENTI/DJZ-Preventiva-in-skrb-za-zdravje/Varovanje-in-krepitev-zdravja/zdravje-na-del-mestu/Promocija-zdravja-na-delovnem-mestu/Smernice_promocija_zdravja_na_delovnem_mestu-marec_2015.pdf)

# SLOVENIA

## COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

### National policies or action plans for the promotion of physical activity for health



- 1 National Programme for Nutrition and HEPA 2015–2025  
[https://www.dobertekslovenija.si/wp-content/uploads/2018/06/brosura\\_DTS\\_angl\\_A4\\_za\\_print.pdf](https://www.dobertekslovenija.si/wp-content/uploads/2018/06/brosura_DTS_angl_A4_za_print.pdf)
- 2 National Programme of Sport  
<https://e-uprava.gov.si/download/edemokracija/datotekaVsebinska/141875?disposition=inline>
- 3 Strategy for Sustainable and Smart Mobility  
<https://www.gov.si/assets/ministrstva/MOPE/TRAJNOSTNA-MOBILNOST-STMP/Strategije-in-nacrti-v-zvezi-s-trajnostno-mobilnostjo/Strategija-za-trajnostno-in-pametno-mobilnost-usmerjanje-evropskega-prometa-na-pravo-pot-za-prihodnost.pdf>
- 4 Extracurricular "Extended programme"  
<https://www.zrss.si/podrocja/osnovna-sola/razsirjen-program/>
- 5 Guidelines for health promotion at work (part of the Occupational Health and Safety Act)  
<https://www.gov.si teme/promocija-zdravja-na-delovnem-mestu/>
- 6 Action Programme for Persons with Disabilities (2022–2030)  
<https://www.gov.si/zbirke/projekti-in-programi/akcijski-program-za-invalidce/>

### Sectors involved in the design of the policy or action plan



Health	1	2	3	4	5	6
Education	1	2	3	4	5	6
Sports	1	2	3	4	5	6
Environment	1	2	3	4	5	6
Urban planning	1	2	3	4	5	6
Transport	1	2	3	4	5	6

### Plan for evaluation of a specific policy



Policy	1	2	3	4	5	6
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### Target groups included



General population	1	2	3	4	5	6
Children < 5 years	1	2	3	4	5	6
Children and adolescents (5–17 years)	1	2	3	4	5	6
Adults	1	2	3	4	5	6
Older adults (≥ 65 years)	1	2	3	4	5	6
Frail/elderly (≥ 85 years)	1	2	3	4	5	6
People with disability	1	2	3	4	5	6
People with chronic diseases	1	2	3	4	5	6
Pregnant women	1	2	3	4	5	6
Breastfeeding women	1	2	3	4	5	6
Low socio-economic groups	1	2	3	4	5	6
Ethnic minorities	1	2	3	4	5	6
Deprived of liberty	1	2	3	4	5	6
Migrants	1	2	3	4	5	6
Unemployed people	1	2	3	4	5	6





### ► Sports clubs for health

The WHO Guidelines for Sports Club for Health Programmes are not implemented, as there are no guidelines for categorizing sports clubs according to their health programmes. Instead, all sports organizations are encouraged to develop programmes to enhance health. The National Programme of Sport promotes well-being through various sports activities, including integrating physical, mental and social health activities for all age groups, from youth sports and adult recreational sports to programmes for the elderly. While the action plan of the National Programme of Sports provides no specific guidelines on health, it funds pilot HEPA programmes and fosters collaboration among organizations for sports, health and the elderly to create tailored exercise programmes for diverse needs.

### ► Counselling on physical activity and exercise prescription

Specialized health promotion centres in primary health care offer comprehensive physical activity counselling and exercise programmes led by kinesiologists and physiotherapists. The centres use a multidisciplinary approach involving doctors, kinesiologists, nutritionists, physiotherapists, psychologists and nurses to ensure holistic patient care. Kinesiologists oversee exercise and movement modifications according to individual health risks. The centres also collaborate with local schools and sports organizations to promote community-wide health initiatives.

#### Health professionals who are trained in health-enhancing physical activity



						KINESIOLOGISTS
	Medical doctors	Physiotherapists	Nurses	Nutritionists/ dieticians	Psychologists	Other health professionals
	YES	YES	NO	NO	NO	YES
Undergraduate	YES	YES	—	—	—	YES
Postgraduate	—	YES	—	—	—	YES
	Optional	Mandatory				Mandatory

#### SUCCESS STORY

A specialized programme in health promotion centres, led by a multidisciplinary team with a paediatrician, delivers family treatment of obesity. Children at risk are identified at routine examinations and in the SLOfit national fitness monitoring system. At-risk children and their families participate in tailored interventions, combining school exercise programmes and health promotion activities. This holistic approach promotes lifestyle changes that benefit the health and well-being of the entire family.

<https://zdaj.net/>

### ► Physical education in schools

Primary schools	Average per week	Secondary schools	Average per week
	3		2
	2-3 Mandatory		2 Mandatory

Students in primary schools have 3 h/week of compulsory physical education, taught by generalist teachers. In lower secondary education, students receive 2 h of compulsory physical education, plus an optional hour, taught by specialized physical education teachers, in which most students participate. In upper general secondary education, students have 3 h/week of physical education; technical programme students have 2 h/week; and vocational programme students have 1–2h/week.

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## COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

### HEPA in training of physical education teachers

—

Part of undergraduate studies

YES

Part of postgraduate studies Mandatory

### Promotion of physical activity in schools

YES

During school breaks

YES

After school

YES

During lessons

YES

Active travel to and from school

### National travel survey

Walking and cycling for all travel purposes (commuting, shopping, leisure, work)

Per person  
per day



Walking

21 %

1 km

21% of all commuters



Cycling

9 %

1.0–2.5 km

9% of all commuters

### Promotion of physical activity in the workplace



National guidance or programme  
to promote active travel to work  
(e.g. walking, cycling)

YES

The Institute for Space Policies, supported by European and State funds, has launched an initiative to promote cycling to work. This initiative has a web platform featuring challenges. Several major organizations have joined the initiative.

<https://polnizagona.si/>



National guidance or programme  
to promote physical activity  
at the workplace

YES

Employers must adopt a health promotion plan for workplaces and to provide enough funds for implementation and monitoring of results.

<http://www.uradni-list.si/1/objava.jsp?sop=2011-01-2039>; [http://www.mz.gov.si/fileadmin/mz.gov.si/pageuploads/javno\\_zdravje\\_2015/zdr\\_na\\_del\\_mestu/Smernice\\_promocija\\_zdravja\\_na\\_delovnem\\_mestu-marec\\_2015.pdf](http://www.mz.gov.si/fileadmin/mz.gov.si/pageuploads/javno_zdravje_2015/zdr_na_del_mestu/Smernice_promocija_zdravja_na_delovnem_mestu-marec_2015.pdf); <http://www.cilizadelo.si>

### ► Community interventions for older adults



National guidance or  
programme for community  
interventions to promote  
physical activity in older adults

NO

Slovenia does not have national guidance or a programme for community interventions to promote physical activity among older adults. One national network, the School of Health (Šola zdravja), promotes exercising for older adults, and several initiatives in special communities for the elderly are run by dedicated kinesiologists and physiotherapists.

### ► National awareness-raising campaign on physical activity

The National Institute of Public Health runs two campaigns: Good Meal or Good Run (Dober tek) supports the National Strategy of Nutrition and Physical Activity, focusing on limited physical activity.

<https://www.dobertekslovenija.si/>.

Move to be Healthy (Z gibanjem do zdravja) supports the preventive programme Together for Health (Skupaj za zdravje).

[https://www.skupajzdravje.si/wp-content/uploads/2020/11/NIJZ\\_brosura\\_z\\_gibanjem\\_do\\_zdravja\\_for\\_WEB.pdf](https://www.skupajzdravje.si/wp-content/uploads/2020/11/NIJZ_brosura_z_gibanjem_do_zdravja_for_WEB.pdf).

The Slovenian Olympic Committee coordinates the national campaign #BeActive as part of the European Week of Sport.

<https://ewos.olympic.si/2023/07/16/nacionalna-kampanja-bodi-aktiven/>

### Media used in national campaigns



Television

YES



Radio

NO



Newspapers

NO



Social media

YES



Public events

YES



Public figures

NO

### Acknowledgments

This publication was funded by the European Union. Its contents are the sole responsibility of the WHO Regional Office for Europe and do not necessarily reflect the views of the European Union.



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